

€ TRAINING

Seminar: Leading with Emotional Intelligence



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Introduction:

Recent studies indicate that emotional intelligence is a powerful key to effective leadership. This valuable course delivers the in-depth knowledge and practical skills you need to ensure that you are a strong, emotionally intelligent leader. You will also learn how to apply emotional intelligence to specific leadership situations to gain the authority and success you strive for as a leader.

Course Objectives:

At the end of this course the participants will be able to:

- Gain an honest and accurate awareness of themselves
- Have a positive influence on the emotions and motivation of others
- Create an atmosphere that fosters emotional intelligence
- Understand and apply the psychology of leadership
- Improve teamwork and teambuilding skills through greater emotional intelligence
- Develop an emotional intelligence work environment
- Understand the different personality styles

Targeted Audience:

- Managers, Supervisors, and Team leaders
- Employees who aim to gain important skills to improve their career and life
- This course is suitable for all the staff in all departments and levels

Course Outlines:

Unit 1: Introduction to Emotional Intelligence & Psychology of Leadership:

- Understanding emotional intelligence & its components
- Significance of EQ to effective leadership
- Importance of perception
- Attitudes & behavior of leaders
- Consequences of low EQ to personal effectiveness
- Removing emotional blindspots
- Understanding personality styles
- Optimizing our personality strengths
- Adaptability in dealing with different personalities
- Task VS relationship-oriented leadership

Unit 2: Building an Emotionally Intelligent & Apply Psychology in Leading:

- Enhancing self-awareness
- Empathy: Increase your level of social awareness
- Delegating tasks and responsibilities
- Influencing and inspiring people

- Managing difficult behavior & poor performance
- Importance of EQ to team effectiveness
- Motivating a high-performance team
- EQ for building trusting relationships
- Conflict resolution for promoting consensus & collaboration
- Increase the EQ of your teams & entire organization

Unit 3: Communication for Successful Leadership:

- Giving & receiving feedback
- Psychology of persuasion
- Creating an inspiring vision
- Solving people's problems at work
- Non-alienation for high EQ leadership
- Developing leadership integrity